

Should you be one of the first to get a flu shot?

TAKE CONTROL! Ask for your shot today!

Are you 65 years old or older?

Do you have a chronic (on-going) or long-term health problem?

Will you be at least 3 months pregnant during flu season?

Are you a health care worker?

If you are *not* one of these people, please wait until November when there will be more flu vaccine available for everyone.

INFLUENZA (flu) is more than the sniffles. It's coughing. It's fever. It's aching. And it can lead to pneumonia. Almost everyone will benefit from a flu shot. But some people have a greater need, and they should get the first flu shots available. Talk to your health care provider. *You could be one of them.*

Even if you're in excellent health, you have a greater risk of complications if you get the flu. To keep your good health, get your shot now.

You may look and feel strong and healthy, but if you have a health problem such as heart disease, kidney disease, diabetes, asthma or other lung diseases, you are more likely to have complications from the flu. And if your immune system is weakened by a long-term problem such as cancer or AIDS, or by a medication such as chemotherapy, you are in even greater need of protection.

You're more likely to have complications from the flu when you are pregnant. So, protect yourself and your baby by staying healthy and getting a flu shot. The flu shot will not harm your baby.

Your daily exposure to sick people makes you far more likely to get the flu. And if you become ill, you can pass the flu on to your patients. Remember, your patients depend on you to help them stay healthy.



DELORIS • AGE 72
ACTIVE SENIOR



DUANE • AGE 19
HAS ASTHMA



MARIA
AGE 7
HAS DIABETES



BOB • AGE 45
HAS HEART DISEASE



SHANNON • AGE 28
EXPECTANT MOTHER



SUSAN
AGE 35
FAMILY PHYSICIAN



MICHAEL
AGE 30
HAS LUNG DISEASE



SAFER • HEALTHIER • PEOPLE™

For More Information: Ask your health care provider or call the CDC Immunization Hot Line.

ENGLISH: 1-800-232-2522

ESPAÑOL: 1-800-232-0233

www.cdc.gov/nip/flu



Fight the Flu

Find the Time!